



Jan. 5, 2022

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce.

Island Insight Submission: <https://home.army.mil/ria/index.php/contact/public-affairs>

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ASC Bids Farewell to SES 'Plankholder'

The U.S. Army Sustainment Command closed a chapter in its storied history Dec. 22, 2021, when Carl Cartwright, executive director for Acquisition, Integration and Management, retired from the Senior Executive Service, following a 43-year military and federal civilian career. In a ceremony presided over by ASC's commanding general, Maj. Gen. Chris Mohan, the long and distinguished federal career of Cartwright was lauded, and his position as a "plankholder" to the organization was shared with those who attended in person and virtually. Mohan recapped the military career of Cartwright as a starting point in his remarks and gestured to another attendee in the audience, Gen. Edward M. Daly, commanding general of the U.S. Army Materiel Command, as he reflected fondly on the many years of the positive working relationship the three shared. "Carl's career, counting both military and civilian service, spans nearly 44 years, and I'd be here all day if I just recited the highlights, but I remember when it was Capt. Mohan, Maj. Daly and Lt. Col. Cartwright serving together at Fort Hood," he said. "And even back then, Carl was a great mentor and a great coach."



Upcoming Dates

Sept. 1-Jan. 15: [2021 Combined Federal Campaign](#)

January: National Slavery and Human Trafficking Prevention Month

January: National Mentoring Month

January: National Blood Donor Month

Jan. 8: Do-It-Yourself Saturday, Auto Service Center, 8 a.m. - 2 p.m.

Jan. 9: National Law Enforcement Appreciation Day

Jan. 11: Active Duty Spouse Night, Bldg. 110, ACS, 6-8 p.m.

Jan. 12: Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.

Jan. 13: Thirsty Thursday, Lock & Dam Lounge, 3-7 p.m.

Jan. 14: ImpactLife Blood Drive, donor bus in Commissary Parking Lot, 10 a.m. - 1:30 p.m.

Jan. 14: USO Frank'n Friday, Bldg. 110, 11 a.m. - 1 p.m.

Jan. 15: Do-It-Yourself Saturday, Auto Service Center, 8 a.m. - 2 p.m.

Jan. 17: Dr. Martin Luther King, Jr. Day (Federal Holiday)

Jan. 17: Desert Storm 31st Anniversary

Jan. 19: Active Duty Out Processing Levy Brief, MS Teams, 9:30 a.m. - noon

Jan. 19: Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.

Jan. 20: Thirsty Thursday, Lock & Dam Lounge, 3-7 p.m.

Jan. 21: ImpactLife Blood Drive, donor bus in Commissary Parking Lot, 10 a.m. - 1:30 p.m.

We owe Carl a great debt. He was the first architect of this command and is a plankholder of ASC.” In his most recent appointment, Cartwright had overall executive responsibility for the Logistics Civil Augmentation Program. (More: www.army.mil/article/253073)

Army Awards Prestigious Kushnick Award to RIA Human Resources Employee

Her father would’ve been mighty proud. His daughter, Joy Krush, followed the path her father laid many decades before in the field of human resources. He would’ve been proud because his daughter was presented the 2020 William H. Kushnick award here Dec. 9 in a virtual ceremony attended by colleagues and family. In August 2021, Krush became division chief of the Healthcare Service Center, Defense Health Agency, Civilian Human Resources Agency, located at RIA. Previously she served as chief, Centralized Army Functions Division, Civilian Human Resources Agency, Midwest Region, RIA. Hosting the ceremony was Carol Burton, Senior Executive Service, CHRA director. “Joy has more energy than anybody I ever met in my life,” Burton said during her remarks. Burton praised Krush for helping recruit key medical professionals in a world of chaos when the COVID-19 pandemic took off in early 2020. (More: www.army.mil/article/253039)



U.S. Army Joint Munitions Command Celebrates 19th Anniversary

Happy Birthday Joint Munitions Command! As Joint Munitions Command celebrates its 19th birthday, we honor the accomplishments and major milestones of the past two decades. As we look back, we remember that JMC’s roots reach back much further into the past. The JMC lineage traces back to the Ordnance Departments that built the nation’s military infrastructure to defend America during World War II. In 1962, the creation of the Army Materiel Command and decentralization of the technical commands reflected the changing philosophies regarding the relationship between research and development, production, acquisition, and sustainment of munitions. Over time, management of ammunition continued to evolve with new missions and responsibilities, and the headquarters’ command name changed frequently to accommodate those changes. (More: www.army.mil/article/253025)



AMC Reimagines Supply Chain Management

Army Materiel Command and its Life Cycle Management Commands are posturing, synchronizing and optimizing supply chain management to build resiliency. Each LCMC — Aviation and Missile Command, Communications-Electronics Command, Joint Munitions Command, and Tank-automotive and Armaments Command — has its own unique culture and way of doing business, according to Deacon Maddox, AMC’s supply chain management director. Maddox said while all the LCMCs use Enterprise Resource Planning Systems like the Logistics Modernization Program, which houses supply chain data, AMC wants to further unify the commands. (More: www.army.mil/article/253022)



Oldest US Veteran of WWII, Lawrence N. Brooks, Dies at 112

Lawrence N. Brooks, the oldest World War II veteran in the U.S. — and believed to be the oldest man in the country — died on Wednesday at the age of 112. His death was announced by the National WWII Museum and confirmed by his daughter. Most African Americans serving in the segregated U.S. armed forces at the beginning of World War II were assigned to noncombat units and relegated to service duties, such as supply, maintenance and transportation, said Col. Pete Crean, vice president of education and access at the museum in New Orleans. (More:

www.stripes.com/veterans/2022-01-05/oldest-us-wwii-veteran-lawrence-brooks-dies-112-4191437.html)



Social Security (OASDI) Tax Collection Complete

Collection of the 2020 deferred Social Security (OASDI) taxes is complete for most military members and civilian employees. Find out about a corrected 2020 W-2C for completed deferral collection and what will happen in 2022 for those who still owe deferred taxes - details at www.dfas.mil/taxes/Social-Security-Deferral. The temporary 2020 Social Security tax deferral (per Aug. 8, 2020 Presidential Memorandum on tax deferment designed to support personnel during the COVID-19

pandemic) ended in December 2020. That presidential

memorandum signed in August 2020 temporarily paused a portion of Social Security, called Old Age, Survivors, and Disability Insurance, or OASDI, tax currently set at 6.2% of an individual's base pay from Sept. 1 to Dec. 31. The payroll tax deferral was intended to provide financial relief to both civilian employees who make less than \$4,000 per pay period and service members with a monthly basic pay of less than \$8,666.66, according to DFAS (more at

www.army.mil/article/241987). The amount of Social Security taxes deferred in 2020 was collected from federal pay in 24 installments between pay periods ending Jan. 16 and Dec. 4, 2021, as well as your normal 6.2% Social Security tax withholdings. If you have any questions regarding the Social Security Tax Deferral or are unsure of how it's impacts you, please contact the Rock Island Arsenal Army Community Service financial and employment readiness program manager at 309-782-0815 for assistance.



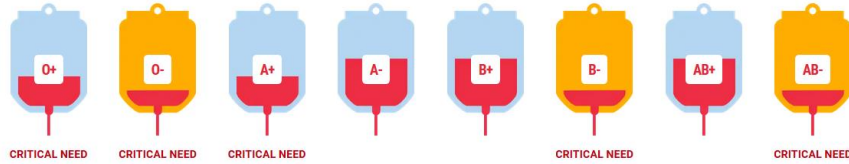
Weingarten Notice

It is time once again for the annual reminder of Weingarten Rights provided by 5 USC 7114. The information below applies to all bargaining unit employees: An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at any examination of an employee in the unit by a representative of the agency in connection with an investigation if the employee reasonably believes that the examination may result in disciplinary action against the employee, and the employee requests representation. If you have any questions or concerns, please contact your labor relations specialist or ombudsman.



Regional Critical Blood Shortages, ImpactLife Blood Drives

The ImpactLife Blood Center has ongoing critical shortages of the following blood types: **O positive, O Negative, A Positive, B negative, and AB negative**, but all



types are needed. ImpactLife donations

have decreased over the past week due to the holiday and they also shipped blood to Michigan in support of the aftermath of the tragic school shooting (see attached). This has depleted their **Type O** inventories significantly. ImpactLife has one remaining blood drive scheduled on Arsenal Island for the month of December:

- **Friday, Jan. 14**, 10 a.m. to 1:30 p.m. on the Donor Bus in the Commissary Parking Lot.
- **Friday, Jan. 21**, 10 a.m. to 1:30 p.m. on the Donor Bus in the Commissary Parking Lot.

If you would like to donate at either of these blood drives, feel free to email

bhancock@impactlife.org with the time you'd like to schedule, or call their Donor Center at 563-359-5401; you may also log on to www.ImpactLife.org and use code 029 to locate the blood drives. ImpactLife is requiring masks for donors, staff, and volunteers in all of their facilities and donor buses. The donor promotion through December continues to be the choice of a long sleeve t-shirt or a \$10 gift card (Amazon.com, Dunkin' Donuts, Lowe's, Target®, Starbucks, or Walmart).

ImpactLife is requiring masks for donors, staff, and volunteers in all of their facilities and donor buses. ImpactLife encourages those working remotely to visit one of their three local donor centers.

- Moline Donor Center – 3600 16th Street
- Davenport Headquarters – 5500 Lakeview Parkway
- West Davenport Center – 1320 W. Kimberly Road

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information: www.militaryblood.dod.mil

CFC Weekly Cause - Medical Research

The Midwestern Combined Federal Campaign is in full swing and will run through **Friday, Jan. 15**. *“Research is formalized curiosity. It is poking and prying with a purpose.” - Zora Neale Hurston* Worldwide, diseases lower the quality of life for patients, their families, and communities. Healthcare providers, scientists, and medical researchers work around the clock to find cures and develop better treatments for “incurable” diseases like cancer, dementia, heart disease, viruses, and more. Here in the U.S., approximately 39.5% of men and women will be diagnosed with cancer at some point during their lifetimes. For adolescents, the most common types of cancer are leukemias, brain and central nervous system tumors, and lymphoma. It is estimated that this year alone, an additional 15,590 children and adolescents will be diagnosed with cancer. Recent medical advances have improved survivability rates, and those infected by disease. The work to find vaccines, treatments and preventative measures is an important scientific advancement to improve our medical protocols, research, and health of our communities. The CFC makes it easy for all of us to change the world. Your donation to medical research cause areas funds and assists these vital programs, professionals, and providers to continue their mission to cure and prevent



these diseases worldwide, all while taking care of those affected. Join the CFC community today and become a change maker. Here's how your CFC pledge makes an impact:

- \$25 Assists in the research to reduce water- and sanitation-related diseases.
- \$50 Trains one lab technician to safely handle and test specimens.
- \$240 Sponsors a lab scientist for one day of disease-specific research.

Be the FACE of Change - Make your pledge today (payroll deductions start after **Jan. 15, 2022**)

1. Visit <https://cfegiving.opm.gov/welcome>
2. Sign up or Sign in – select your favorite charities.... and pledge! (If this is the first time this year that you are getting into the website you will need to update your profile)

Thank you for choosing CFC as your pathway for giving to the cause you care about! CFC is the world's largest and most successful annual workplace charity campaign, with numerous CFC campaigns throughout the country and internationally to help to raise millions of dollars each year. Pledges made by federal civilian, postal and military donors during the campaign season support eligible non-profit organizations that provide health and human service benefits throughout the world. The CFC was started in 1961 by President John F. Kennedy and is the only authorized solicitation of employees in the federal workplace for charitable organizations. (More: <https://midwesterncfc.givecfc.org>)

Corps of Engineers at Quad Cities Bald Eagle Days

Park rangers from the U.S. Army Corps of Engineers, Rock Island District will once again host a booth at the Quad Cities Bald Eagle Days taking place at the Quad City Conservation Alliance (QCCA) Expo Center located at 2621 4th Avenue in Rock Island.

- **Jan. 8:** 10 a.m. – 8 p.m.
- **Jan. 9:** 10 a.m. – 5 p.m.

Over the three days, the 60,000-square-foot expo center will transform into an indoor wildlife exhibit. There will be live eagle programs, live bird of prey demonstrations and more than 100 display booths with information on outdoors-related organizations. It is the largest event in the Midwest dedicated to the United States' national symbol of freedom. In previous years, about 20,000 people have attended the festivities at the expo center. For more information contact the Mississippi River Visitor Center at 309-794-5338.

Eagle Watch/Clock Tower Tour

The U.S. Army Corps of Engineers, Rock Island District will host multiple eagle watch events this season in January and February. For each event, participants will meet at the Mississippi River Visitor Center on:

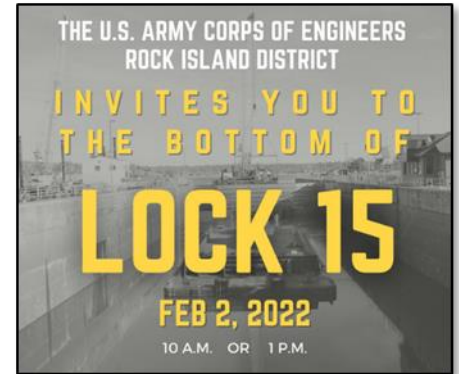
- **Jan. 15 & 29:** 10 a.m. & 1 p.m.
- **Feb. 5 & 12:** 10 a.m. & 1 p.m.

Climb back in history as you ascend the Clock Tower Building on Arsenal Island. The upper floors offer a great view of the Mississippi River around Locks and Dam 15 where there is a good opportunity to view bald eagles in the wild. At the height of the tour, we will be six floors up in the clock room looking at the inner workings of the historic clock installed in the tower in 1868. Reservations are required which can be made by calling the Mississippi River Visitor Center at 309-794-5338.



See the Bottom of Lock 15

The U.S. Army Corps of Engineers, Rock Island District invites you to the bottom of Lock 15 on **Wednesday, Feb. 2**, 10 a.m. or 1 p.m. The U.S. Army Corps of Engineers, Rock Island District is offering two unique opportunities for local area high school and college students, interested in science, technology, engineering and math, to tour the inside of Lock 15 in its dewatered state. Reservations are required and space is limited. Participants will travel to the bottom of the chamber where they will observe work crews actively performing critical repairs to our aging inland waterway navigation infrastructure. Tours will last approximately one hour and will be conducted outside in the cold. Participants should dress appropriately for the weather and be prepared to wear provided safety gear. Contact the Mississippi River Visitor Center at 309-794-5338 for reservations and details – reserve your spot today.



True Lifestyle Medicine Wellness 9-Month Series

Army Contracting Command – Rock Island (ACC-RI) is proud to announce a 9-month Health and Wellness series presented virtually via MS Teams by Dr. Cheryl True of True Lifestyle Medicine, LLC which will start next month in February. This series is geared toward individuals who wish to embrace a healthier lifestyle and increased benefits of self-care. Schedule and topics are presented below with this [MS Teams link](#) (link is the same for each session). You must register in TEDs no later than the day prior to the event and self-certify in TEDs after the event to receive credit. Those that do not self-certify within one week will be deleted from TEDs. If you do not register in advance, you are welcome to attend using the teams' link, but you will need to add it to your TEDs history after the fact. TEDs key word: "True Lifestyle Medicine,"

1 CLP. The sessions will not be recorded.

- **Feb. 14:** [Foundations of Health & Wellbeing. Thinking Outside the Clinic: An Intro to Lifestyle Medicine](#), 1-2 p.m.
- **March 14:** [Setting Up for Success: Defining and Achieving Your Goals](#), 1-2 p.m.
- **April 11:** [Exploring the Pillars: Nutrition "Fueling Your Future"](#), 1-2 p.m.
- **May 9:** [Cooking Demo: "Whole Food Plant Based Recipes and Meal Preparation"](#), 1-2 p.m.
- **June 13:** [Exploring the Pillars: Physical Activity "Moving Through Your Day"](#), 1-2 p.m.
- **July 11:** [Exploring the Pillars: Stress & Resilience "The Human Capacity to Adapt and Thrive"](#), 1-2 p.m.
- **Aug. 8:** [Mindfulness, Meditation & Relaxation "Putting Your Mind to Work. Your Body is Listening"](#), 1-2 p.m.
- **Sept. 12:** [Exploring the Pillars: Social Relationships "The Power of Connections"](#), 1-2 p.m.
- **Oct. 17:** ["The Basics: Incorporating Lifestyle Changes at Home and at Work"](#), 1-2 p.m.

Health and Wellness POC: Theresa Fahrenkrug, 563-650-2093, theresa.m.fahrenkrug.civ@army.mil; TEDs POC: Rebecca Peterson, 563-210-4436, Rebecca.a.peterson.civ@army.mil.

AMC Looks to BEYA as Valuable Tool to Build Diversity in Workforce

When the goal is building a diverse workforce of scientists and engineers, one of the best places to start is with graduating college students. But, with efficiency in mind, recruiters from both private industry and government organizations need ways to quickly introduce their job opportunities to a wide range of STEM (Science, Technology, Engineering and Mathematics)-educated students from higher educational institutions, including Historically Black Colleges and Universities. Enter the Black Engineer of the Year Awards STEM Global Competitiveness Conference (also known as the Becoming Everything You Are conference). For 36 years, BEYA has been a leading venue for introducing the nation's minority STEM-educated students to the workplace. During that time, several government agencies – including the Army Materiel Command – have partnered with BEYA to connect with the most recent graduates in science and technology fields. This year, the BEYA STEM Global Competitiveness Conference is set for **Feb. 17-19** and will be virtual. (More at: www.beya.org)



Emergency Leave Transfer Program to Assist Federal Employees Affected by Hurricane Ida

If you are interested in donating annual leave, [complete OPM Form 1638](#) and submit to the Civilian Personnel Advisory Center, Building 104, no later than **Monday, March 14**. You must state on the 1638 which Emergency Leave Transfer Program you are donating to. If you have any questions contact the CPAC at 309-782-2430. This initiative has been directed by the President. The POC is Jaime Slocum at jaime.l.slocum.civ@army.mil OPM Form 1638: https://www.opm.gov/forms/pdf_fill/opm1638.pdf

VIOS Scheduling Eliminated, Garrison PA Assumes Limited Command Photos

The Visual Information Ordering System (VIOS) will no longer be available to schedule official Department of the Army photos previously taken monthly by a representative from Fort Eustis' Multimedia Visual Information Center and coordinated through the Garrison's Directorate of Plans, Training, Mobilization & Security (DPTMS) Visual Information section. This was due to the impact of COVID-19 and former Army Secretary Ryan McCarthy and former Chief of Staff Gen. James McConville's direction to suspend the use of the photos from officer promotion board packages effective Aug. 1. Official U.S. Army "head and shoulders" command photos (**leadership photo board photography**) duties have been assumed by Garrison Public Affairs for on-Island commands that do not have a public affairs office; this will take place by appointment only at 309-782-1121. The scheduled photos will be taken at the Photo Studio in Room B11 in the basement of Building 90. The 8"x10" head and shoulders – command photos will not be printed, but will be made available digitally. The previous service administered through VIOS and Fort Eustis personnel included government passport photography, which is suspended along with service record/DA Photos. Walk-in appointments are not available.



Arsenal Traffic/Construction



Building 227 Demolition and Partial Parking Lot 2C Closure

The Directorate of Public Works will block off 102 parking spaces in parking lot 2C (adjacent to Building 227) from **Nov.1 to March 4**. This closure is required for the demolition contractor to set up heavy lift equipment and provide requisite clear zone during the demolition and removal of material from Building 227. The personnel turn-style entry toward Building 220 will remain open and available at all times. Signage, fence and barricades will be in place for safety.

Extension of Sylvan Drive Construction Project at Beck Road Intersection

Sylvan Drive from the Beck Avenue intersection north to the Building 208 parking lot will remain under construction through **Thursday, June 30** in order to replace the road, sewers and railroad crossings. USACE, Navy Reserve Center, Commissary, the Exchange, and Outdoor Rec will follow Beck Avenue to Gillespie Street to Rodman Avenue. JMTC's employee parking lot will remain accessible via Rodman Avenue. There is no change to the previously published closure area and detour routes. Signage and barricades will be placed for safety and traffic control.

Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



USO - Madden Tournament

From Gaming to Game Day – The USO and NFL partner on a Madden Tournament that will give service members a chance to win Super Bowl LVI tickets. Through the NFL partnership, the USO Gaming program is hosting an NFL Salute to Service Madden Tournament for service members. Together, the USO and NFL are building a community of connection and bringing entertainment to the military through the lens of football and gaming. There will be a qualifier and a final round for both Xbox and PlayStation. Winners will win tickets and a trip to Super Bowl LVI! Registration is open now at battlefy.com.

Safety Spotlight



**ARMY SAFE
IS ARMY STRONG**



The top priority of the installation safety office is to safeguard and protect service members, their families, civilian employees and Army property as well as to create the safest workplace and living environment possible. Website: <https://home.army.mil/ria/index.php/about/Garrison/safety-office>

There are no announcements at this time.

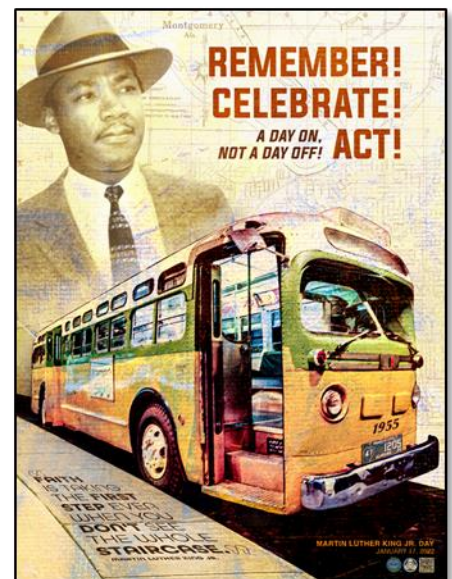
Equal Employment Opportunity Focus



It is the policy of the Department of Army to provide equal opportunity in employment for all people and to prohibit discrimination in employment because of race, color, religion, sex, national origin, age (40 and over), disability, genetic information, and/or reprisal for prior EEO activity. Any Department of the Army employee, former employee, or applicant for employment, and certain contract employee, who believes they have been discriminated against because of race, color, religion, sex (includes pregnancy, equal pay, gender identity, and sexual orientation), national original, age (40 and over), mental or physical disability, genetic information, and/or reprisal for prior EEO activity in an employment matter, subject to the control of the Army, may initiate the EEO complaint process. To file an EEO complaint, you must contact the Garrison EEO Office within 45 calendar days of the alleged discriminatory incident and express your intent to initiate the complaint process. The Garrison EEO office is currently providing services virtually. Please contact EEO staff at 309-782-2548.

Martin Luther King Jr. Day

Jan. 17 this year is the federal holiday celebrating the life of Dr. Martin Luther King, Jr. The national theme of the day is, "Remember! Celebrate! Act! A Day On, Not a Day Off" to encourage individuals to dedicate the day to community service. This commemoration is an occasion to remember Dr. King's remarkable life and to follow his principles of unity and equality. The Army is committed to the ideals endorsed by Dr. King – treating every individual with dignity and respect. Influenced by Dr. King, the U.S. Army is dedicated to leveraging the strength of its diverse force and ensuring equality for all its members. All Soldiers, Army Civilians and their Families are valued members of the Army team and their contributions continue to be vital to the Army's success and history. Army leaders shape personnel policies and implement training that ensures every individual has the opportunity to use their skills and talent. Further, all members of the Army Family are encouraged to commemorate this holiday by participating in community service activities to honor Dr. King's legacy of compassion. Past and present Soldiers and civilians have built a legacy of professionalism, selfless service, dignity and respect. There is no doubt this legacy will serve as a foundation for



generations to come. This day of national community service promotes diversity, fosters inclusive behavior and demonstrates respect for others. When the nation celebrates Dr. King's dream, it celebrates the American dream. Dr. King's life and teachings helped to shape the history of the U.S. and the culture of the nation. He dedicated his life to a dream of equality and challenged the nation to recognize that individuals should not be judged by the color of their skin. The Army strongly embraces diversity as a way to create a system that maximizes individual talents, increases morale and greatly enhances organizational effectiveness. Dr. King's leadership rallied people from all walks of life and awoke a nation to the need for equality, tolerance and justice. The Army recognizes the timeless values of courage, truth, dignity, humility and serve Dr. King taught through his actions as words.

Morale, Welfare & Recreation



Army MWR is a quality-of-life program that directly supports readiness by providing a variety of community, Soldier, and family support programs, activities and services. Included in MWR are social, fitness, recreational, educational, and other programs and activities that enhance community life, foster Soldier and unit readiness, promote mental and physical fitness, and generally provide a working and living environment that attracts and retains quality for U.S. Army Soldiers, Family members, Retirees and its civilian workforce. Visit the MWR website at <https://rockisland.armymwr.com> for information on all MWR programs. How is MWR doing? Tell us by going to <https://ice.disa.mil>, navigate to "Rock Island Arsenal" and search "MWR" for a full listing of all our programs and services.

Island Oasis Now Inside Only

The Island Oasis is serving lunch today from their indoor location, inside the Fitness Center lobby (Building 67) and is open Monday-Friday from 11 a.m. – 1 p.m. The soup today will be sent to the workforce each day. There are lots of other delicious items on the regular menu as well. Please remember to bring a mask as it is required for entry to the Fitness Center and please remember to social distance while waiting in line and for your order. Call 309-782-6319 for more info on the Island Oasis.

MWR Leisure Travel Office



We offer substantial discounts on tickets to local attractions, concerts, amusement parks and regional bus trips to exciting destinations. Check with us first for all your entertainment needs, we can save you money. Office Hours: Monday through Friday, 8:15 a.m. – 4 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. Contact the office at 309-782-5890. (email: anna.winters@us.army.mil) (website: <https://rockisland.armymwr.com/programs/leisure-travel-office>)

Do You Want To Build a Snowman

Join us for Do You Want to Build a Snowman on **Saturday, Jan. 22**, in Heritage Hall, Building 60, at 10 a.m. If you're the parent, grandparent or guardian of a little one, you are well aware of the power and allure of the princesses. If your little one knows all the words to all those animated fairy

tale shows, than “Do you want to build a snowman” is the event for you. MWR Leisure Travel Office has contacted the wintery princesses and they will be making a special appearance to read a story, dance and take photos with your child. Other fun activities will be provided. Contact the Leisure Travel Office at 309-782-5890 to get your spot reserved. Cost is \$25 per child. Limited spaces – face masks are required.

Quarters One Historical Tour

Join us for Quarters One Historical Tour on **Saturday, Feb. 12**, at 10 a.m. Cost: \$10 per person. At 51 rooms and more than 20,000 square feet, Quarters One is the second largest government homes. Being behind only the White House. To learn more of the history behind this hidden treasure and a guided tour get your spots today. Contact 309-782-5890.

Galena Day Trip

Join us for a trip to Galena, Illinois, on **Saturday, Feb. 12**. Depart from the Moline Gate Visitor Control Center parking lot at 8 a.m.; departing Galena at 3 p.m. Cost is \$30 per person. Transportation only. Masks required. Stroll along Galena, Illinois' Main Street and discover art galleries, home decor, antique stores, boutiques and kitschy treasures. The historic architecture provides the perfect background for you to shop until you drop. Take your time enjoying special sweet treats from our local bakeries, chocolatiers, and more while strolling down Main Street. Contact the Leisure Travel office at 309-782-5890 to reserve your spot.

Canoecopia Event

MWR is planning a van trip to the Canoecopia event held in Madison, Wisconsin, on **Saturday, March 12**. The MWR van will depart from the Visitor Control Center at 6 a.m. – departing from event 2 p.m. Cost is \$35 per person; 10 passenger van, masks are required, transportation only. Contact the Leisure Travel Office at 309-782-5890 to get your seat. Canoecopia is the largest paddle sports consumer event in the world. More than 250,000 square feet of kayaks, canoes, stand up paddleboards, outdoor equipment and clothing, with the best selection of the season, make Canoecopia a "must go" place for gear. More than 180 seminars and clinics make Canoecopia an educational event where you can learn about the perfect gear for your style of paddling, develop skills to get you where you want to go, and discover some of the many places to paddle, both near and far. Cost is one-day at \$15. Ages 17 and under are free. Cash or check only for tickets purchased at the event.

Cinch World's Toughest Rodeo

Cinch World's Toughest Rodeo will be returning to the TaxSlayer Center on **Saturday, April 2**, at 7:30 p.m., and **Sunday, April 3**, at 2 p.m. Fans are invited into the arena to a meet and greet with both contestants and specialty entertainers for autographs and photographs one hour prior to show. Enjoy the free preshow featuring interactive fun for adults and kids of all ages. Leisure Travel Office has discounted seats on sale for \$31, \$43 and \$61. Call 309-782-5890 to get your tickets.

Child & Youth Services



Child & Youth Services provides a full range of child care programs and services for children ages six weeks through senior year in high school. Services include full-day, part-day, hourly, pre-k, school outs, summer programming, sports and fitness, and instructional classes. All CYS programs/facilities will be closed all federal holidays, CYS CDC/CD Home/FCC staff in-service day and any other additional days/installation closures approved by the garrison commander. Fees will not be reduced, refunded, or prorated for these days. (Website: <https://rockisland.armymwr.com/programs/cy>) (Facebook: www.facebook.com/RIACYSS)

CYS Winter Sports and Fitness Opportunities

Enjoy these early winter sports and fitness opportunities through Child and Youth Services (CYS) Sports and Fitness. What better way to stay active in a safe and healthy environment!

With programs for children ages 3 to 17, there is something for all ages. Sign-ups begin very soon for many programs including:

- Archery (for children 8-17 years old, held indoors); Sign up dates **Jan. 10-21**
- Basketball Skills Clinic (for children 6-17 years old); Sign up dates **Jan. 10-11**
- Cheerleading (for children 6-9 years old); Sign up dates **Jan. 10-21**
- “Little Hoopsters” Parent/Child Basketball (for children 3-5); Sign up dates **Jan. 10-28**
- “Little Sluggers” Parent/Child Baseball (for children 3-5); Sign up dates **Jan. 10-28**

Help wanted – volunteer sports coaches needed within the sports and fitness program, especially to help with upcoming baseball/softball spring season (fliers coming soon). To sign up, call CYS parent central services at 9 a.m. during the sign up periods listed above at 309-782-0791, or stop in to the office on 1st Floor, Building 110. Each child must be registered with CYS in order to participate. Sports Physicals are required. Visit our website for more information on these offerings, including registration information, or on how to be a volunteer coach:

<https://rockisland.armymwr.com/programs/youth-sports>

Army Community Service



Army Community Service is an Army-wide community, social service program that provides services that assist Soldiers, Family members, and Department of the Army civilians maintain readiness, develop self-reliance, resiliency and stability. U.S. Army Installation Management Command provides these services through a network of programs that support goals related to recruitment, retention, morale, and operational readiness of the force. ACS on RIA is located in Bldg. 110, 1st floor SE; visit our ACS website <https://rockisland.armymwr.com/programs/army-community-service> or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook click here: www.facebook.com/RIAACS. 24/7 Domestic Violence Crisis Line: **309-912-6089**. The ACS center is open Mondays, Tuesdays, Thursdays, and Fridays from 7 a.m. - 4:30 p.m., and Wednesdays from 12-4:30 p.m.

Active Duty Spouse Night

Come join us for a night of crafts, games and prizes. What a great way to meet other spouses and make friends. The event is **Tuesday, Jan. 11**, 6-8 p.m., in Bldg. 110 in the ACS Center (south east entrance). Bring a snack to share and bring your own beverage of choice (water will be provided). Please RSVP for this event to Tracy Warren, EFMP Coordinator: 309-782-4736 or email: tracy.a.warren8.civ@army.mil.

Discovery Time Playgroup

Discovery Time Playgroup will allow little ones to enjoy crafts, story time, games and more, while parents socialize in safe, friendly space. Join us! January events will feature:

- **Jan. 6** - New Year's Fun
- **Jan. 13** - Snowman in a bag craft
- **Jan. 20** - Story Time
- **Jan. 27** - Hot cocoa and craft

Sessions will take place at Community Christian Fellowship, 1702 6th Avenue, in Moline; park in the rear of the building by the green awning. Cost is Free. Registration information, call 309-782-3049 for details.

Connect With ACS

Connecting with ACS has never been easier. Facebook, MS Teams, and in person are all available during our normal business hours. Our public Team on Microsoft Teams hosts handy flyers, discussions about common issues, and links you to all ACS training including opportunities to attend the new mandatory (for military) Touchpoint Financial Training. You can join our Public Team at:

https://dod.teams.microsoft.us/dl/launcher/launcher.html?url=%2F_%23%2F%2Fteam%2F19%3Adod%3Af3f10f76250b4841b46fc866ffd659d8%40thread.tacv2%2Fconversations%3FgroupId%3D4599aea9-a639-4594-b287-ec2247363d19%26tenantId%3Dfae6d70f-954b-4811-92b6-0530d6f84c43&type=team&deeplinkId=780ef25c-87d5-4c2f-a3b0-5ff9305570c4&directDl=true&msLaunch=true&enableMobilePage=true&suppressPrompt=true

Facebook provides steady updates about programs, tips for healthy relationships, and connects the Army Family beyond just those working here on island including Spouses and Dependents. Check out the ACS Facebook page at www.facebook.com/riaacs.

Active Duty Out Processing Levy Brief

Out Processing Levy Brief schedule - this briefing is designed to provide you with access to the information and resources you need to complete your permanent change of station move. Service members that are put on assignment will sign up for the next available briefing. Spouses are encouraged to attend with or without their sponsor and should bring a power of attorney in case specifics need be discussed or coordinated. Upcoming Levy Brief dates:

- **Wednesday, Jan. 19**
- **Wednesday, April 20**
- **Wednesday, July 20**

Delivered through MS Teams, 9:30 a.m. – noon; to register call MPD at 309-782-1526.

Domestic Violence Support Group Offered Twice Weekly

R.S.V.P. with the Domestic Violence Advocate at: crystal.l.bartholomew2.ctr@mail.mil or 309-782-3773.

Volunteer Orientation

Learn about volunteer opportunities every Tuesday, 9:30-11 a.m., in the RIA community and how to navigate the Volunteer Information Management System. Participants will also discuss rules and regulations for volunteering on a military installation. POC for this announcement is the Relocation Assistance program manager, Chassity Morse; 309-782-0816; chassity.r.morse.civ@army.mil.

Sponsorship Training

This mandatory face-to-face training will be the first Friday of the month, noon – 1 p.m. It provides sponsors with tools and resources to be effective in assisting in-coming personnel with correct and timely information and resources that they may need to make informed decisions during the PCS process and through community integration. POC for this announcement is the Relocation Assistance program manager, Chassity Morse; 309-782-0816; chassity.r.morse.civ@army.mil.

Overseas Orientation

Mandatory briefing for anyone who is being assigned to an OCONUS location. This training, held the first Tuesday of the Month, 9-10:30 a.m., includes the needs to know before you go, culture and customs, information on any applicable screenings, visas, and assistance with connections to gaining resources, as well as other information for specific needs. POC for this announcement is the Relocation Assistance program manager, Chassity Morse; 309-782-0816; chassity.r.morse.civ@army.mil.

MWR Outdoor Recreation Office



Outdoor Recreation is your one-stop rental shop for all your outdoor adventures, special events, home maintenance and repair. No matter the season, we have the equipment to get you out into the great outdoors. From skis and snowboards to campers and canoes, we have you covered. Office Hours: Monday through Friday, 8:15 a.m. – 4 p.m., Building 333, Phone: 309-782-8630. (email: robert.l.lampert.naf@mail.mil), Website: <https://rockisland.armymwr.com/programs/outdoor-recreation>



Snow Days

Whether you're planning a trip to the mountains or getting out to explore the winter wonderlands of the Mississippi River Valley, Outdoor Recreation has the equipment you need. Downhill skis, snowboards, cross country skis, snowshoes, ice skates and fat tire bicycles are available for rental. Before your next winter adventure please stop by the Outdoor Recreation Office in Building 333 to see all the great equipment available for your use. Open Monday thru Friday 8:15 a.m. – 4 p.m. (closed all federal holidays). For more info please call 309-782-8630.

Winter Camping

For the more adventurous the camping trailers at Outdoor Recreation are available during the winter months. Many Iowa and Illinois state parks are open for winter camping with limited amenities. The plus side is that the campground will be much less crowded, quieter and at night around the campfire there will be a million stars in the sky. Check ahead with the state parks to see what kind of services are available at this time. With the Outdoor Recreation camper trailer and your own

electric space heater you are sure to have a great a great relaxing time. For more information please contact Outdoor Recreation at 309-782-8630.

Fat Tire Bicycles

Your bicycle riding does not need to stop when there is snow on the ground. There are miles of trails in the Quad Cities region and several fat tire bicycle riding events planned over the winter months by area bicycle clubs. Outdoor Recreation has five inch adult fat tire bicycles available for rental. Come try something new and see how fun riding in the snow can be. For more information, contact Outdoor Recreation at 309-782-8630.

Employee Assistance Program



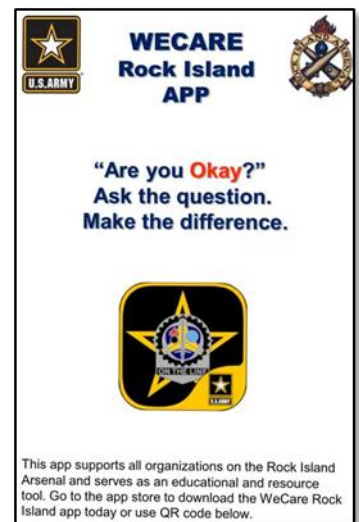
The ASAP/EAP is dedicated to excellence in providing a standard of care that enhances the quality of life for its clients and the workforce of Rock Island Arsenal. We believe that personal, family, and workplace problems can affect an employee's well-being and job performance. The ASAP/EAP promotes healthy lifestyles. Our most important asset is our employees and we are committed to providing professional counseling, educational assistance, and intervention services in an effort to promote wellness and improve the climate of the Rock Island Arsenal. ASAP/EAP is located in Bldg. 56, 1st floor; visit our ASAP/EAP website <https://home.army.mil/ria/index.php/my-fort/all-services/army-substance-abuse-program> or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. Find us on Facebook click here: www.facebook.com/RIAEmployeeAssistanceProgram.

WeCare Rock Island Arsenal App

The WeCare Rock Island Arsenal App (WeCare RIA) is available for download to mobile devices from the App Store. At the touch of a finger you can readily access vital tools and resources available to you and your family. The WeCare RIA App was developed to support the Rock Island Arsenal and US Army's Domestic Abuse, Resilience in the Workforce, Suicide and Sexual Harassment/Assault Prevention campaigns. It serves as an educational and resource tool for the user to recognize and reduce high risk behavior. The app allows all military, civilians, and family members who are aware of, witness to, or involved with a high risk behavior the ability to have points of contact and resources readily available with one click of a button. The main features include emergency phone numbers for local and national points of contact on a one-touch dialer. Go to the App store and download the WeCare Rock Island Arsenal App or from the below link:

- Apple's iOS: <https://itunes.apple.com/us/app/wecare-rock-island-arsenal/id1454377310?ls=1&mt=8>
- Android: <https://play.google.com/store/apps/details?id=mil.army.wecarerockisland&hl=en>

Tell your Family and friends.



Quad City Seasonal Assistance Resources

Many communities and families may have been adversely impacted by the pandemic furthering the need for assistance this holiday season. Increased cost for food and gifts due to scarcity and supply chain challenges may also impact many. If you or your family are still recovering from economic or health challenges from COVID-19, or are facing new financial issues due to recent economic conditions, there are many free resources to help you enjoy your upcoming Holiday. If you, or someone you know, is experiencing housing, food scarcity, need for clothing, healthcare or other well-being challenges, see the “Community Resources at a Glance” attachment, provided by United Way of the Quad Cities. This is a valuable resource to keep on hand to help you, or others that you might know, find important resources for assistance. If you, a family member, or coworker is struggling with problems resulting from alcohol misuse, drug use or other mental health challenges, you have confidential resources available to assist. Please call the Rock Island Employee Assistance Program (EAP) at 309-782-HELP (4357) for free and confidential assistance from a professional counselor. If you, a family member, coworker, or friend is experiencing life-threatening symptoms of withdrawal from alcohol or drug use, dial 911 or go to the nearest local community hospital emergency center. If you, a family member, coworker, or friend is having suicidal thoughts, call the National Suicide Prevention Lifeline at 800-273-8255, dial 911, or go to the nearest local community hospital emergency center. Other on-post resources are your organization's chaplain or the ASC chaplain's office (309-782-0923). Activity duty military personnel can also reach out to the RIA Health Clinic at 309-782-0805 or the RIA behavioral health counselor at (309)782-0807.

Education/Training Review



Army Continuing Education System (ACES) is the Army's method for delivering educational opportunities to Soldiers that remediate, develop, and enhance skills needed for present and future jobs. The Army Continuing Education Division (ACED) promotes lifelong learning, readiness and resilience through flexible and relevant education programs, services and systems in support of the Total Army Family. The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 8 a.m. – 3:30 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. Contact Mary Hansarik at mary.p.hansarik.civ@mail.mil for Education Center requirements. Please visit our website to learn more: <https://home.army.mil/ria/index.php/my-fort/all-services/continuing-education-services>

There are no announcements at this time.

Defense Commissary Agency / Exchange



Rock Island Commissary information is located at: www.commissaries.com/shopping/store-locations/rock-island-arsenal; Rock Island Exchange information is located at: www.shopmyexchange.com/company/storeDetails.jsp?storeId=1074020.

Your Commissary Offers More Opportunities to Enjoy Special January Sales Promotions

Commissary shoppers who resolve to save more and eat healthier in 2022 can greatly help themselves by taking advantage of special in-store promotions and coupons, according to the Defense Commissary Agency's director of sales. (More: www.commissaries.com/our-agency/newsroom/news-releases/new-year-savings-your-commissary-offers-more-opportunities-enjoy)

Scholarships for Military Children Applications Open

Applications are now open for the Scholarships for Military Children Program for academic year 2022 – 2023. The program, now entering its 22nd year, recognizes the contributions of military families to the readiness of the fighting force and celebrates the commissary's role in enhancing military quality of life. It's administered by Fisher House Foundation, a nonprofit organization dedicated to helping service members, veterans and their families. Thus far, the program has awarded more than \$21 million to 12,312 students, selected from a pool of nearly 109,000 applicants. (More: www.commissaries.com/our-agency/newsroom/news-releases/scholarships-military-children-applications-open-today)

Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. (website: www.arsenalhistoricalsociety.org) (Facebook: www.facebook.com/RIAMuseum)

History of the Rock Island Arsenal - The Battle of the Rock Island Rapids

Military and history buffs are invited to learn about the Battle of the Rock Island Rapids at the Rock Island Public Library. In celebration of the 160th anniversary of the Rock Island Arsenal, learn about its history from Army Sustainment Command historians. The series kicks off with a presentation on the Battle of the Rock Island Rapids. The experts will be discussing the War of 1812 and the local conflicts that broke out during the war on the Mississippi River. "History of the Rock Island Arsenal – The Battle of the Rock Island Rapids" is **Wednesday, Jan. 12**, 2-3 p.m. at the Rock Island Public Library, located at 401 19th Street, Rock Island. (More at: <https://rockislandlibrary.librarymarket.com/events/history-rock-island-arsenal-battle-rock-island-rapids>)

RIA Museum Closed For Renovation

The Rock Island Arsenal Museum is undergoing a \$1.5 million renovation. The project includes the biggest modernization of the museum in more than 50 years. The renovation will refocus the exhibits on the history of the U.S. Army's organic industrial base, Rock Island Arsenal, and the Arsenal's current role in producing Army readiness. It is part of the U.S. Army Museum Enterprise's five-year reform effort to refine its collection and enhance education and training capabilities at its 47 field museums. To provide a sneak peek of the new exhibits, a series of virtual presentations will be held this summer outlining the new interpretation and exhibit design. Stay tuned for updates on the [Museum's Facebook page](#) or website, arsenalhistoricalsociety.org, as it undergoes this exciting process. The museum has been closed since March 2020 due to a nationwide surge in COVID-19 cases. "We look forward to reopening our doors to the Quad Cities community in the fall of 2022," said Patrick Allie, Rock Island Arsenal Museum director. For more information or questions contact 309-782-3518.



Healthbeat

The Rock Island Arsenal transitioned from Health Protection Condition Alpha (HPCON A) to HPCON Bravo Plus (HPCON B+) effective Aug. 23. The decision to transition to HPCON B+ was made based on guidance outlined in the [Secretary of Defense memorandum dated April 29, 2021](#), which takes into consideration increasing case rates and community transmission levels in and around the Quad Cities. Implemented measures under HPCON B+ includes enforcing social distancing in all gathering places, to include reduced gathering sizes to 40 percent normal capacity. Additionally, RIA is maintaining the current DoD indoor mask mandate applicable to the workforce, visitors, and contractors, for both vaccinated and unvaccinated individuals, per the DoD memorandum dated July 28, 2021 – "[Updated Mask Guidance for all DoD Installations and Other Facilities](#)," stating installations must reinstitute mandatory use of masks indoors in geographic areas of **substantial** and **high** community spread of the COVID-19 virus as defined and publically identified by the [Centers for Disease Control and Prevention \(CDC\)](#).

Development of WRAIR's Pan-Coronavirus Vaccine Shows Promise

A series of recently published preclinical study results show that the Spike Ferritin Nanoparticle (SpFN) COVID-19 vaccine developed by researchers at the Walter Reed Army Institute of Research in Silver Spring, Maryland not only elicits a potent immune response but may also provide broad protection against SARS-CoV-2 variants of concern as well as other coronaviruses. Scientists in WRAIR's Emerging Infectious Diseases Branch (EIDB) developed the SpFN nanoparticle vaccine, based on a ferritin platform, as part of a forward-thinking "pan-SARS" strategy that aims to address the current pandemic and acts as a first line of defense against variants of concern and similar viruses that could emerge in the future. (More: www.health.mil/News/Articles/2021/12/28/Development-of-WRAIRs-PanCoronavirus-Vaccine-Shows-Promise)

Eight Tips to Get Better, More Restful Sleep

Ideally, doctors say, adults should get between seven and eight hours of sleep each night. But, according to one national survey, about one in three American adults say they sleep far less than that most nights. For some people, the daily grind of work and family responsibilities simply doesn't

leave enough time in the day for a full night's sleep. But for many others, the lack of sleep stems from a lifestyle or medical problem that might require healthier daily habits or long-term treatment from a health care provider. Long-term sleeping problems can affect your mental health, relationships, quality of life, and performance at work. (More:

www.health.mil/News/Articles/2022/01/03/Eight-Tips-to-Get-Better-More-Restful-Sleep)

Notes for Veterans



There are no announcements at this time.

Around the Q.C.



An interactive version of Around the Q.C. is now available at:

www.facebook.com/groups/275103093432020

Once you have joined you can see a listing a the Facebook events people have posted to the group at:

<https://www.facebook.com/groups/275103093432020/events>

The impact to these events in light of COVID-19 is unknown. It is recommended that employees look at the event link for details.

Island Insight



Col. Todd J. Allison, Garrison Commander; Mark Kane, Deputy Public Affairs Officer and Editor The Army publication, *Island Insight*, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of AR 360-1 www.army.mil/usapa/epubs/pdf/r360_1.pdf by the Rock Island Arsenal-Garrison Public Affairs Office. **Contents of *Island Insight* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of *Island Insight* is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office.** Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged. All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Public Affairs, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For submission of announcements to the *Island Insight*, use the following link: <https://home.army.mil/ria/index.php/contact/public-affairs>. To send comments email usarmy.ria.imcom-central.mbx.usag-ria-pa@army.mil or phone 309-782-1121.

